

Mating in Captivity

by Esther Perel

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Protect One Private Pocket**

Choose one pursuit, journal, friendship, creative project, or stretch of solitude that stays partly yours. Not secretive, not weaponized, simply unmerged.

MON TUE WED THU FRI SAT SUN

⁰² **Make a Threshold Ritual**

Before a date or intimate evening, create a visible crossing: change clothes, move rooms, dim the house, put phones away, and let domestic logistics end before the lovers begin.

MON TUE WED THU FRI SAT SUN

⁰³ **Ask the Unmanaged Question**

Ask your partner about a desire, dream, memory, or private ambition that is not about the relationship. Listen as if you are meeting a person you do not own.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Trade Reassurance for a Clean Request**

Instead of checking whether everything is okay five different ways, make one direct request: I want closeness tonight, I want space today, or I want to feel pursued this week.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Interrupt the Co-Manager Meeting**

Schedule one conversation where logistics are banned. No bills, kids, calendars, repairs, or plans. Talk like people with inner lives, not a household operations team.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Bring Back a New Self**

Do something that makes you feel awake outside the relationship, then bring back the energy without explaining it flat. Let your partner encounter you in motion.